

# OnTrak™ Program for Smoking Cessation



OnTrak is personalized just for you. It's designed to help you improve your health and live better. If you are looking to quit smoking and maintain your overall health, OnTrak may be able to help.

If you're like most smokers, you've tried to quit many times without success. Perhaps you gained weight, or your stress levels went up. Or, maybe you tried to quit "cold turkey." However, research shows that the most effective way to quit combines counseling with support and when appropriate, medications.

## How We Help

It's time to feel better. Our mission is to support you in reaching your goals for health and well-being. OnTrak has helped many people facing difficult challenges. We are here to help you too.

The OnTrak program is a team effort. As an OnTrak member, you receive:

**Individual Care Coaching by a Nurse** – Your nurse Care Coach will listen to you and support you with compassion and without judgment. Your Care Coach is always there to encourage you toward your goals.

**One-on-one Counseling** – Your counselor will work with you on what is most important to you. Counseling may help you to quit smoking and stay quit. You may discover new ways to face challenges and manage difficult situations.

**Specialist Visits** – If recommended, you may visit an OnTrak doctor or dietitian for certain conditions.

OnTrak is designed for you. It's confidential and convenient. You complete the program at your own pace, on your own time.

## Want to be happier with your quality of life?

The OnTrak program may be your answer.



**1-866-517-1417**

**stayontrak.com**

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Note: OnTrak is available to eligible members of select health plans. If your membership with your health plan ends, you will no longer be eligible for the OnTrak program and services.